

## Food and Drink

You will find information sheets about food and drinks in relation to diabetes, within the front insert of this folder.

The sheets which are included for you to read are:

1. Food and Diabetes

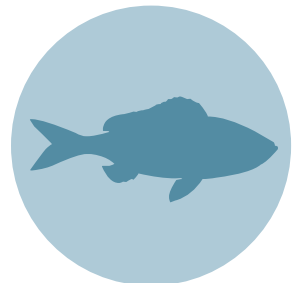
2. Carbohydrate and Blood Glucose

3. Choosing Soft Drinks

In addition, the dietitian will provide you with a workbook at the new patient clinic, designed to support you with carbohydrate counting.

This workbook is titled:

**‘An Introduction to Carbohydrate Counting.  
A practical guide to support you through your  
diabetes treatment plan’**



## Low Carbohydrate Snacks

The following foods contain little or no carbohydrate (CHO) and can be taken as part of a 15g carbohydrate snack. At diagnosis it is common for your appetite to be greater than normal. You can therefore add the foods that contain no carbohydrate to your normal meals and snacks. This increased hunger should settle in time and you will be able to return to normal portions as advised by your dietitian.

0g CHO	0-5g CHO	5-10g CHO	10-15g CHO
<b>Cheese:</b> e.g. cottage, cheddar, cream cheese, feta, edam  <b>Meat:</b> Beef Pork Ham Lamb  <b>Poultry:</b> Turkey Chicken  Fish Shellfish  Eggs  Salad (e.g. carrot, cucumber, tomato, lettuce, celery, pepper etc) Vegetables Vegetable crudités Olives  Sugar-free jelly Sugar-free ice lollies Salad dressing Mayonnaise Margarine/vegetable oil	<b>Nuts per 30g:</b> Almonds - 2g Brazils - 1g Cashews - 6g Hazelnuts - 2g Peanuts - 1g Peanut butter 30g - 4g  Guacamole 50g - 1g Salsa 50g - 5g Coleslaw 50g - 3g Pickled onions/gherkin 30g - 1g  Water biscuit (two small) - 5g 1 Breadstick (5g) - 4g  1 tbsp Tomato ketchup/brown sauce (15g) - 4g	<b>Biscuits:</b> 1 Rich Tea - 5g 1 Ginger Nut - 5g 1 Jaffa Cake - 7.5g 1 Digestive - 10g  <b>Crackers:</b> 1 Cream cracker - 5g 2 Original Ryvita Crispbreads - 8g 1 Round oat cake - 6g  <b>Fruit:</b> 100g Raspberries - 5g 100g Strawberries - 5g 1 Satsuma - 5g 1 Kiwi - 5g 1 Plum - 5g  Hummus 50g - 7g	<b>Bread:</b> 1 medium slice white or wholemeal bread - 15g  2 rice cakes - 13g  1 x 125g diet or natural yogurt - 10g 90g sugar-free Angel Delight - 12g  <b>Fruit:</b> 1 medium apple - 15g Grapes (10) - 10g 2 Kiwi fruit - 10g 1/3 Mango - 10g Melon (one slice) - 10g Nectarine - 10g Orange - 10g Peach - 10g Pear - 15g Pineapple (1 slice) - 10g 2 Satsumas - 10g Raisins (1/2 tbsp) - 10g  <b>Crisps:</b> 1 small packet - 15g Quavers - 12g Skips - 10g Wotsits - 10g  <b>Cereal bars:</b> Alpen Light - 12g Ryvita Goodness - 12g Weetabix Oaty bar - 12g  Popped corn (plain) 1 tea cup - 10g

- Please check labels of food as carbohydrate content of foods can vary.
- Due to choking risk do not give whole nuts to children under 5 years.

## Snack Ideas

By combining the foods on the lists you can vary the carbohydrate content of your snacks. The following are examples of how you can do this:

- Cooked chicken drum stick - **0g**
- Mixed salad with shredded chicken/beef or prawn with salad dressing - **0g**
- Hard boiled egg + low fat mayonnaise + lettuce and tomato - **0g**
- Veggie Platter - carrot sticks, olives, coleslaw, grated cheese, sliced tomato and lettuce - **3g**
- 30g peanut butter + carrot sticks - **4g**
- 50g guacamole + 50g salsa with vegetable crudités - **6g**
- Bowl of sugar-free jelly with strawberries - **5g**
- Vegetable crudités with 50g hummus - **7g**
- 2 Ryvita with: cream cheese and ham - **8g**  
tuna, light mayo and cucumber - **8g**
- 1 round oat cake + 30g peanut butter - **10g**
- Chicken/ham sandwich:  
1 medium slice bread with chicken/ham low fat mayonnaise and salad - **10g**
- Egg sandwich:  
1 medium slice bread with 1 hardboiled egg, low fat mayonnaise and lettuce - **10g**
- 1 cup popped corn with granulated sweetener or added salt - **10g**
- 2 round oat cakes + cottage cheese - **12g**
- 30g almonds + 1 peach - **12g**
- 2 rice cakes with cheddar cheese and tomato - **13g**
- 1 slice bread with guacamole and sliced tomato - **12g**
- 2 bread sticks + 50g guacamole + 50g salsa - **14g**
- 1 diet yogurt with strawberries - **15g**
- 1 kiwi + slice of pineapple - **15g**
- Packet of Skips + 1 satsuma - **15g**
- 2 Rich Tea biscuits + 5 grapes - **15g**

